

**THE PARKS & RECREATION DEPARTMENT  
ADAPTIVE RECREATION  
2013 SPRING & SUMMER **ADULT** PROGRAM CATALOG**



**Address: 201 4<sup>th</sup> Street SE #150  
Rochester, MN**

**ADAPTIVE RECREATION PHONE: (507) 328-2539**

**MAIN OFFICE: (507) 328-2525**

**EMAIL: [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov)**

**WEB: [www.rochestermn.gov/departments/park/classes\\_programs/adaptive](http://www.rochestermn.gov/departments/park/classes_programs/adaptive)**

**REGISTRATION: Opens MONDAY, MARCH 11  
Closes Friday, March 22 by 5:00 p.m.**

# ADAPTIVE RECREATION



## HISTORY

Since 1975, The Park and Recreation Department has offered Adaptive Recreation programs comprising sports & leisure activities with therapeutic emphasis suited to the social, emotional, and physical needs of individuals with special needs.

## ELIGIBILITY

Individuals 3 years of age and older with an intellectual and/or physical disability are eligible to participate. A physician's authorization is not required, however individuals are encouraged to consult with their doctor prior to participating and to complete a Participant Profile form in order to assist our staff in addressing our participant's unique needs and abilities.

## PROGRAMS

Our program runs year-round with activities offered after school, in the early evenings, on weekends, and during the daytime over summers!

## STAFF

Program staff provides assistance, support, and supervision to participants through a 1:4 staff to client ratio additionally a 1:1 and 1:2 staff to client option is also available to youth for an additional fee.

## MAILING LIST

To receive program information, go to [http://www.rochestermn.gov/departments/park/classes\\_programs/adaptive/index.asp](http://www.rochestermn.gov/departments/park/classes_programs/adaptive/index.asp) to **Create An Account** or contact the Director of Adaptive Recreation at (507) 328-2539.

## Adaptive Recreation Mission Statement

Providing an accessible, enjoyable and innovative recreational experience for individuals with intellectual & physical disabilities.

### How We Do It:

- \* By adapting a variety of traditional and innovative sports & leisure activities to welcome & meet a variety of ability levels.
- \* By emphasizing areas of communication, cognition and physical development through the use of various therapeutic practices.
- \* By providing & training our staff to be effective in supporting, interacting, and monitoring participants during activities.
- \* By networking with local resources to gain best practices and understanding of latest recreational trends and needs.



**The Parks & Recreation Department  
Adaptive Recreation  
Spring & Summer Youth Program Brochure**

**Registration Dates:**

Monday March 11  
Closes 5:00 p.m. Friday, March 22

**Office Hours:**

Monday-Friday, 8:00 am-5:00 pm

**Adaptive Recreation phone number:**

(507) 328-2539

**Email Address**

[kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov)

**WAYS TO REGISTER**

**1. Online**

[www.rochestermn.gov/departments/park](http://www.rochestermn.gov/departments/park)

*Go to Adaptive Recreation webpage.*

**2. In Person**

The Parks & Recreation Department  
201 4<sup>th</sup> Street SE #150  
(The Government Center)

**3. By Mail**

The Parks & Recreation Department  
Adaptive Recreation Division  
201 4<sup>th</sup> Street SE #150  
Rochester, MN 55904

**SPRING SESSION**

**(April – May 2013)**

**MONDAYS**

**MARTIAL ARTS**

With Tom Yennie



This program is co-sponsored with Instructor Tom Yennie. Students must bring staff/aide if one is necessary for assistance or supervision.

**The Benefits of Martial Arts**

- \*It teaches self-discipline & socialization skills.
- \*It improves cardio-vascular health, as well as balance & mood.
- \* It increases muscle tone and stabilizes weight.
- \*Reports indicate that individuals with cognitive challenges experience great success with this type of program.

**Cost**

- \*Returning Students \$90
- \*New Students \$130 – includes uniform

**Class Times**

**\*7:00-7:45 p.m.**

Ages 13 years and older

**(Parent or staff must provide assistance as needed)**

**Program Dates**

Mondays, April 8-June 3

**No class May 27.**

**Location**

Bear Creek Services, 3108 Hwy. 52 N

**Tidbits**

- \*Bring a water bottle weekly
- \*Bare or stocking feet only.



## MONDAYS

### NEW PROGRAM!

#### Pole Walking/Hiking



This program involves the use of poles to increase the benefits of walking with the same motions used in Nordic or Cross Country Ski. Using poles works the upper body, increases aerobic activity, and provides balance unlike simple walking. We'll use poles weekly and the backdrop of Quarry Hill to hike/walk various paths and gradients for those wishing for a more vigorous workout while those preferring a less vigorous routine will use the paved bike route for a more stable surface.

**LIMITED SPACE.**

**WHO:** Persons ages 18 & older  
**DATES:** Mondays, April 15-May 20  
**LENGTH:** 6 weeks  
**TIMES:** 4:00-5:30 p.m.  
**COST:** \$40  
**LOCATION:** Quarry Hill Nature Center  
**NOTE:** Athletic shoes, comfortable & weather appropriate clothing and a hands-free water bottle weekly.

**\*In case of cancellation, there will be no makeup dates offered. Credit slips will be issued instead.**

## TUESDAYS

### BOWLING



This program is for the new or experienced bowler. With staff assistance and supervision, participants will learn how to find shoes, bowling balls, and lanes. Adaptations will be made to support unique learning & bowling styles. Participants will play on teams of like abilities & ages.

**WHO:** Persons ages 18 & older  
**DATES:** Tuesdays, April 9-May 21  
**LENGTH:** 7 weeks  
**TIMES:** 4:00-5:30 p.m.  
**COST:** \$70  
**LOCATION:** Colonial Lanes Bowling Alley  
**NOTE:** **Be sure to wear socks to the program.**

## WEDNESDAYS

### MOVIES, MUSIC & MORE!

Make crafts, watch a movie, sing-a-long to karaoke, play games with friends, and learn about other countries!



**WHO:** For persons 18 years & older  
**DATES:** Wednesdays, April 10-May 15  
**LENGTH:** 6 weeks  
**NEW TIME:** 6:30-8:00 p.m.  
**COST:** \$60  
 (ZIPs available for an additional \$60)  
**SITE:** Bear Creek Services, 3108 Hwy. 52 N. unless otherwise noted.  
**SCHEDULE:** **Will be emailed & posted online prior to the start of the program**

## THURSDAYS



## SWIM PROGRAM



This program is designed to help the new or novice student become comfortable & learn basic swim skills through 1:1 **or small group instruction**. Experienced swimmers will work on honing swim strokes and increasing endurance through deep end lap exercises.

**WHO:** Ages 18 & older  
**DATES:** Thursdays, April 18-May 23  
**LENGTH:** 6 classes  
**TIME:** 7:00-7:45 p.m.  
**COST:** \$50  
**SITE:** The Recreation Center Pool.

## FRIDAYS

### TEEN SCENE

A time filled with activities that encourage friendships, develops social skills and gives teens an opportunity to pursue leisure time interests with their peers.



Teens help & plan the schedule of which favorites include movie, game & karaoke nights, scavenger hunts, making & eating dinner, attending high school plays & sports games.

**WHO:** Persons 13-18 years of age  
**DATES:** Fridays, April 12-May 17  
**LENGTH:** 6 weeks  
**COST:** \$30 (registration fee only)  
**\*Additional costs associated with some activities.**  
**NOTE:** Meet Friday, April 12 from 6:00-8:00 p.m. @ Bear Creek Services to plan activities and eat dinner. Please bring your school activity calendar, newspapers, or any other planning tools you wish along with \$5.00 for dinner (pizza, pop, salad, and dessert).

**SCHEDULE:** An activity schedule will be emailed and posted online by Tuesday, April 16.

## SATURDAYS

### YOUNG ADULTS NIGHT

Participants help determine activities for the session based on their social interests: i.e. movie & popcorn night, prepare & eat dinner, bowling, game night, and swimming!



Meet at Bear Creek Services April 20 6-8 p.m. to plan activities and eat dinner (pizza, pop, salad & cookies) . . . bring \$5.00.



**WHO:** For persons 19-30 years of age  
**DATES:** Every other Saturday, April 20, May 4 & 18  
**LENGTH:** 3 nights  
**COST:** \$20 (Registration fee only)\*  
**Additional costs may be associated with some activities**

**SITE:** An activity schedule will be emailed and posted online by Tuesday, April 23.



## SUMMER SESSION (June-August 2013)

### MIRACLE LEAGUE



The Miracle League program provides athletes ages 4 years and older with cognitive & physical disabilities, an opportunity to play ball with athletes of like abilities. Local businesses sponsor teams which covers the cost of athlete t-shirts & pictures allowing players to participate at no cost.

#### LOCATION

The Miracle Field is located at the Roy Watson Complex on Essex Parkway NW and is a barrier-free, solid surface allowing freedom of movement for players using wheel chairs, crutches, walkers, or persons with visual and/or cognitive impairments to maneuver the field without obstacle!

#### T-SHIRT & SCHEDULE PICK UP

Monday, June 3 from 5:00-7:00 p.m.  
at Bear Creek Services, 3108 Hwy. 52 North.

#### GAME NIGHTS

\*Individuals ages 15 and older play  
Mondays, June 10-August 5  
August 12 is reserved as a "rain date."

#### TOURNAMENT

The Gil Wilkins Softball Tournament is scheduled for Saturday, August 10 . . . more information to follow!

**NOTE:** Space is limited . . . once teams are filled, names will be placed on a Waiting List.

**HOW TO REGISTER:** Online registration only at:  
[http://www.rochestermn.gov/departments/park/classes\\_programs/adaptive](http://www.rochestermn.gov/departments/park/classes_programs/adaptive)

### SUMMER DAY CAMP

Youth will have the opportunity to develop social skills, athletic ability & endurance (daily physical activities/swim), social skills (music therapy & group activities), self-confidence (encouragement & support from trained staff), and creativity (arts/crafts, dramatic play).

**Snack, swimsuit, and towel required daily!**

**WHO:** Persons 3-18 years of age

**DATES:** Monday-Friday  
Week #1 – June 10-14  
Week #2 – June 17-21  
Week #3 – June 24-28  
**\*Week #4 – July 1, 2, & 3**  
**No camp July 4<sup>th</sup> or 5<sup>th</sup>.**  
Week #5 – July 8-12  
Week #6 – July 15-19  
Week #7 – July 22-26  
Week #8 – July 29-Aug. 2  
**TIME:** 1:00-5:30 p.m.

**COST:** **\$135.00/week (1:4 staff to client)**  
**Child demonstrates independence in communication, dressing, and in the pool.**

**\$150.00/week (1:2 staff to client)**  
**Child requires some verbal prompting to complete tasks including eating & dressing and/or is not completely independent in the water.**

**\$225.00/week (1:1 staff to client).**  
**Child requires complete staff assistance and supervision at all times due to high risk & vulnerability.**

**\*Call the Director of Adaptive Recreation if you need assistance in deciding the best staffing option for your child: (507) 328-2539.**

**LOCATION:** The West Pavilion Picnic Shelter  
@ Silver Lake.

## SOCCER



Soccer helps increase agility, balance, speed, eye-foot coordination and builds teamwork. Weekly practices consist of basic ball handling skills, cooperation, & learning to listen to instruction. Assistant coaches, under the leadership of Head Coach Wayne Lemens, will provide one:one assistance or instruct small groups of youth of like abilities to provide instruction & support.

**WHO:** Persons ages 18 & older  
(including those using wheelchairs, walkers, crutches)

**DATES:** Mondays, June 10-July 22

**LENGTH:** 7 weeks

**TIME:** 7:15-8:00 p.m.

**COST:** \$50

**TIDBITS:** \*Wear athletic shoes & bring a water bottle weekly.

**LOCATION:** The National Volleyball Center - when the weather is nice, we'll play outdoors in front of Century High School.

## SWIM PROGRAM

This program is designed to help the new or novice student become comfortable & learn basic swim skills through 1:1 **or small group instruction.**

Experienced swimmers will work on honing swim strokes and increasing endurance through deep end lap exercises.



**WHO:** Ages 18 & older  
**DATES:** Thursdays, June 13-Aug. 1  
(No class July 4)

**LENGTH:** 7 classes

**TIME:** 7:00-7:45 p.m.

**COST:** \$60

**SITE:** The Recreation Center Pool.

## SUMMER DANCE

Put on your dancing shoes and join your friends for a night of great music, dancing, and refreshments! Pre-registration is required by Thursday, May 31 to secure the \$8.00 admission fee otherwise the fee is \$10 afterwards.

**THIS DANCE IS SCHEDULED ON A SATURDAY!**



**Limited supervision provided . . . bring an aide if one is required.**

**WHO:** Persons 13 years and older  
(No one under 13 years of age will be admitted).

**DATE:** **Saturday, June 1.**

**TIME:** 6:30-8:30 p.m.

**COST:** \$8.00 (see note above)\*

**LOCATION:** The Graham Arena, Olmsted County Fairgrounds.







## FREEBEE'S!



### FREE KIDS MATINEES!

Free Kids Matinees every Saturday morning starting @10:00 a.m. at the HOLLYWOOD 12.

Visit the Showtime's page for the **FREE KIDS MATINEE** shows and show time's.

Chester, Rochester's favorite dragon, will be on-site every Saturday for every show!



### Quarry Hill Nature Center

**Exploration Hall** - Our large exhibit hall features touch tables, live and mounted animals, inter-active displays, fish aquarium, and a life-size T-Rex skull model and more!

**The Lion's Den** - Our modest library is a great resource of natural science books and magazines for all ages.

**Bird Observatory** - Relax and have a seat with a pair of binoculars and a bird guide. Watch the wildlife come and go in the Nature Center's backyard which includes a water feature and several feeders.

### Walk at Apache Mall

#### Mall Hours

**Monday-Saturday**

10:00am-9:00pm

#### Sunday

11:00am-7:00pm



Open to the public **Thursday, Friday, and Saturday** from **10:00 am to 4:00 pm**.

There's a lot to see at Cascade Meadow! When you visit us, you'll see interactive exhibits on all of the following topics. Click on the topic to quickly scroll down to it, or read about them all, but be sure to come and visit to actually experience each one!

[WATER EXHIBITS](#)

[ENERGY EXHIBITS](#)

[WETLANDS EXHIBITS](#)

### Rochester Public Library

#### Hours

**Mon-Thurs** 9:30am - 9:00pm

**Fri** 9:30am - 5:30pm

**Sat** 9:30am - 5:30pm

**Sun** 1:30pm - 5:30pm



The library is currently on its "regular" Weekend hours schedule. We switch to Summer hours (Saturday 9:30am - 1:30pm and Sunday closed) Memorial Day weekend.

### THE MIRACLE FIELD

The Miracle Field is located at the Roy Watson Complex on Essex Parkway NW and is a barrier-free, solid playing surface allowing freedom of movement for players using wheel chairs, crutches, walkers, or persons with visual and/or cognitive impairments to maneuver the field without obstacle!



Groups are welcome to reserve the field at no cost for activities including kickball and softball and can do so by calling the Parks & Recreation Department at (507) 328-2539.





## Participation Guidelines

**Drop off** - is allowed 15 minutes prior to the start of the activity, no sooner please.

**Late Pick Up Policy** - There is a \$7.00 late fee charged for late picks. Late pick up is anything after the program end time. The fee will increase an additional \$7.00 every 15 minutes and must be paid before your child can attend the next program day. Participation will resume once the balance is paid in full to the Parks & Recreation Dept.

**Absences** - If your child is sick or unable to attend activities, notification **is requested and can be made to Karen Meyer at (507) 328-2539 or to [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov)**

### **Suspension or Termination of Services**

Notice of Termination will be given to Participant or Participant's representative verbally or in writing upon evidence of either one or both of the following conditions:

1. Emotional, abusive, or dangerous behavior that presents an immediate threat to the health and safety of the client, other program clients or program staff.
2. Chronic or acute medical problems or conditions, or behaviors that place the client at immediate risk, and that require health care and/or supervision which exceed the capabilities of the department.



## Weather Related Cancellation Policy

**When the following conditions or warnings are present the day of programs, we will cancel:**

- Rain or threat of rain (if outdoors)
- Storm **WATCH OR WARNING**
- Tornado **WATCH OR WARNING**
- Heat Advisory
- Wind-chill Advisory
- School District Closing due to bad weather



**WHAT YOU SHOULD DO:**  
**Call (507) 328-2539 AFTER 4:00 p.m. for program status!**



# Adaptive Recreation

# Programs



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

ZIP: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone #1: (     ) \_\_\_\_\_

Emergency Phone #: (     ) \_\_\_\_\_

Email Address: \_\_\_\_\_

(For electronic updates)

## Payment Methods

☐ Cash = \$ \_\_\_\_\_

☐ Check/Money Order = \$ \_\_\_\_\_

☐ Invoice the following agency:

\_\_\_\_\_

(Contact Name and Contact Phone #)

☐ We have a credit slip in the amount of \$ \_\_\_\_\_ and have subtracted this off the total balance.

☐ **Credit Card**

\_\_\_\_ Visa    \_\_\_\_ Master card    \_\_\_\_ Discover

Name on card: \_\_\_\_\_

Card : \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_

Amount to be charged: \$ \_\_\_\_\_

CLASS	TIME	COST
<input type="radio"/> Martial Arts	<b>Mondays</b> 7:00-8:00 p.m.	New Students <b>\$130</b> Returning Students <b>\$90</b>
<input type="radio"/> Pole Hiking/ Walking	<b>Mondays</b> 4:00-5:30 p.m.	<b>\$40</b>
<input type="radio"/> Bowling	<b>Tuesdays</b> 4:00-5:30 p.m.	<b>\$70</b>
<input type="radio"/> Movies, Music & More!	<b>Wednesdays</b> <b>6:30-8:00 p.m.</b>	<b>\$60</b>  <input type="radio"/> Zips an additional <b>\$60</b>
<input type="radio"/> Spring Swim	<b>Thursdays</b> 7:00-7:45 p.m.	<b>\$50</b>
<input type="radio"/> Teen Scene	<b>Fridays</b> Time varies	<b>\$30</b>
<input type="radio"/> Young Adults Night	<b>Every Other Saturday</b>	<b>\$20</b>
<input type="radio"/> Soccer	<b>Mondays</b> 7:15-8:00 p.m.	<b>\$50</b>
<input type="radio"/> Summer Swim	<b>Thursdays</b> 7:00-7:45	<b>\$60</b>
<input type="radio"/> Summer Dance	<b>Saturday, June 1</b> Ages 13+ 6:30-8:30 p.m.	<b>\$8 before Thurs. May 30</b>
<input type="radio"/> Day Camp! Up to age 18 only.	<input type="radio"/> <b>Week #1</b> June 10-14 <input type="radio"/> <b>Week #2</b> June 17-21 <input type="radio"/> <b>Week #3</b> June 24-28 <input type="radio"/> <b>Week #4</b> <b>July 1, 2 &amp; 3</b> <b>No camp July 4 or 5</b> <input type="radio"/> <b>Week #5</b> July 8-12 <input type="radio"/> <b>Week #6</b> July 15-19 <input type="radio"/> <b>Week #7</b> July 22-26 <input type="radio"/> <b>Week #8</b> July 29-Aug. 2	<b>Choose one Staff to Client option</b> <input type="radio"/> 1:4 = <b>\$135</b> <input type="radio"/> 1:2 = <b>\$150</b> <input type="radio"/> 1:1 = <b>\$225</b>  <b>Week #4 prices are as follows:</b> <b>1:4 = \$81</b> <b>1:2 = \$90</b> <b>1:1 = \$135</b> <b>Be sure to factor these costs in when you register.</b>

